

Need Some Help This Winter?

Your community is here for you...

- * **Food shopping, practical tasks, general advice:**
Dorset Council Helpline - 01305 221 000
- * **Financial Support:**
Citizens Advice - 0800 144 8848
- * **Loneliness and Isolation:**
Age UK - 01305 269 444
The Silver Line (open 24/7) - 0800 4 70 80 90
Cruse Bereavement - 0808 808 1677
- * **Family and relationship difficulties**
Relate - 01302 380 900
- * **Mental Health:**
Samaritans (open 24/7) - 116 123
- * **Support with technology:**
Digital Hotline - 01305 221048



#DorsetTogether

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Volunteer Centre
Dorset



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North, South
& West Dorset
ageUK



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Action



#HelpAndKindness



citizens
advice

Help your Community

You could change someone's life...

- * **Check in on neighbours.** Do they need help? Share the information on this leaflet, offer to pick up shopping, or just stop and have a chat.
- * **Join a local community support group** in your area. Details of these groups can be found at www.helpandkindness.co.uk
- * **Ask your local foodbank** if they need any help. They are very busy in the winter months.
- * **Share this leaflet** with friends, colleagues and on Facebook/Social Media. You never know who might see it and need it.
- * **Sign up to become a local volunteer** with Volunteer Centre Dorset. Any time you can give will make a difference. Call 01305 269214 or email info@volunteeringdorset.org.uk to get involved.



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